

Cardiff and the Vale Carers' Day 2013



Carers' Day at St Fagan's National History Museum Marquee was held on 11th June 2013 with the theme for 2013 being 'Prepared to Care?' This popular event proved to be an opportunity to obtain information from a range of organisations, take part in workshops as well as have an enjoyable day in a relaxing

environment. A total of 98 carers attended and this joint event between the Vale of Glamorgan and Cardiff Councils as well as the Cardiff and Vale University Health Board was a resounding success. The feedback provided by carers and stallholders was extremely positive.

Carers' Week 2013



CARERS UK
the voice of carers

As well as the joint event held at St Fagan's there were other celebrations to mark Carers' Week 2013. Here is a round up of some of the local events:

Marie Curie Hospice, Penarth, held a Coffee Morning giving carers a chance to mix and mingle with professionals and meet other carers, have taster sessions of hypnotherapy and reflexology.

Local GP surgeries: West Quay Medical Centre, Highlight Park Medical Centre Barry; Station Road Surgery Penarth had special notice boards, carer's information and even balloons to promote carer's week. One

Carer's Champion commented: "Regarding Carers Week, we had lots of balloons up, the doctors here made big efforts when talking to patients, to note they are carers; one doctor even brought the patient down in the lift to me in reception to hand out booklets and get information to help, which we had displayed along the front desk.

The nurses also documented a lot of carers here and at our Rhoose branch, so now more patients are aware what is available to them".

For more information about other local events that took place in Carers' Week 2013 visit www.carersweek.org/take-part

Health Checks for Carers



It is widely recognised that carers generally neglect their own health needs, so as part of our 'Prepared to Care?' Carers Week event at St Fagan's Castle last month, we invited carers to take advantage of a range of basic health checks. These included blood glucose testing, blood pressure, measuring height and weight to determine Body Mass Index (BMI) and advice on oral hygiene. Carers going through these checks were then offered tailored lifestyle advice based on their individual results.

There was also help for carers in managing the health of the people they care for. A range of health professionals working in Cardiff and Vale UHB in specialist areas were on hand to advise on issues such as continence, foot and nail care, dietary and nutritional needs, as well as correctly managing and administering medication.

Feedback at the end of the day from carers and Cardiff and Vale staff alike was largely positive and suggestions from carers as to how the health aspects of the day can be improved next year will be taken on board.



A new face on the Cardiff and Vale Carers team



Hello! My name is Nigel Hughes and I've recently been appointed to provide carer training and support in Cardiff and Vale UHB.

Based at the University Hospital Wales in Cardiff, the purpose of my role is to develop and deliver a variety of training programmes for staff working in Health, Local Authorities and the voluntary sector. These programmes will all support the objectives of the Carers' Information and Consultation Strategy. In addition we want to make a difference to patient and carer experience by involving patients and those they care for in the delivery, monitoring and evaluation of the clinical care and associated services they receive. Also, recognising how important GPs are in the lives of carers and those they care for, our team has started to develop closer working relationships with GP surgeries

and where needed, to revive the Carers Champion role. We want them to be aware of the information which is available to pass on to carers and the ways in which we can signpost carers to sources of help. As a carer myself I can fully empathise with the challenges and demands this entails.

If you are a carer, why not ask to meet your Carers Champion when you next visit your surgery?

**You can contact me or my colleague Sue Barrow about carer issues, either on our Carers email address:
cardiffandvale.carers@wales.nhs.uk
 Or by phone 029 2074 5359 or
 email: nigel.hughes2@wales.nhs.uk.**

Young Carer: Kelvin's Story (Part Two)

As you all know, people can become carers at any age. In this second article, a young carer (now 19) shares his experiences. We are very grateful for his honesty and courage in sharing this with us. If you would like to talk to Action for Children about any of the issues raised in this story please ring 01446 724070 www.actionforchildren.org.uk

Do your needs change as you get older?

As a six year old there are limits as to what you can do physically and emotionally. As a six year old I was frightened, confused, I really didn't know what to do. For example, when mum was paralysed from neck down stuck in bed I had to call on others to help me cos I couldn't do it myself whereas now I'm 18 I know mum's tablets, I know what to do when she is struck with pain I can dress her wash her etc and whilst it has an affect on me emotionally I have learnt to compartmentalise my feelings etc

I had to rely on others to help when I was six now I do it ALL myself.

What problems do you have now?

Sadly after I turned 18 the Vale Young Carers could no longer help me as the funding is only for the little ones. I was transferred to another service. I do not feel I get the same level of support as before and have found it difficult to build relations with the new provider. I would like more focus on my

needs as a carer rather than just take part in activities.

Sometimes I'd like a break from it all but I love mum and that's just the way it is. It is such a routine now I just do it.

Where do you turn for help?

I have a close mate I sometimes talk to but on the whole I don't say much. I miss the support I had from the Vale Young Carers and wish I still had a similar relationship.

How could current services for Young Carers be improved?

More funding to allow room for an extended programme in the Vale because if you, like me started at the minimum age, to stay there for 10/11 years and then feeling pushed aside is confusing and very difficult to handle especially when no other service provider fills the gaps left.

Funding to allow more age related activities e.g.:- paintballing, quad biking.

Any other issues you feel need addressing?

It would be great if there were activities that enabled the person we care for to join us occasionally because when they are unwell, as children we can miss out, so if we could build in activities that would enable us to build happy memories that would help us feel better.

In Case of Emergency (ICE)

Emergency services will look in your mobile phone contacts list for your emergency contacts. Start each entry with ICE and then add the name and number of the person you want contacted. You can add multiple entries by listing them ICE1, ICE2, ICE3 etc.

Introducing **Greenlinks**, the Vale's community transport scheme

Greenlinks is a community transport scheme, established in 2010 with the aim of providing accessible transportation for residents without easy access to public transport living in the Vale of Glamorgan. Three years on, and Greenlinks is going from strength to strength, boasting over 800 members and 53 group members.



Greenlinks took delivery of a new nine-seater wheelchair accessible bus in April 2013. The new addition to the Greenlinks' fleet spells good news for residents of the rural vale with an enhanced schedule of services, but also for residents of Barry, Penarth and Llandough who will have access to our services on Wednesdays and Fridays for the very first time.

Greenlinks received part funding from SEWTA, South East Wales Transport Alliance – the regional public transport consortia covering the area, to purchase the new vehicle.

To make use of the service, passengers are first required to sign-up as a member. Journeys must then be pre-booked at least 24 hours in advance, and a door-to-door service is provided where members can request to be collected or dropped off at a location of their choice.

Enfys Griffiths, Community Transport Officer, explains that "accessing public transport in the Rural Vale can be difficult; however Greenlinks provides an affordable and convenient solution. Whether it's a trip to the local shops, a day trip with friends or a visit to the dentist, our volunteer drivers are on hand to help.

Providing a door to door service gives a sense of security, safety and freedom for our members particularly for those who have mobility problems.

The annual membership for the scheme is £5 per household (up to four people). Charges for journeys can be as little as £2.00 for a one way journey. However all journeys must be requested in advance.

Group hire is also available and can be hired for a half or full day for an agreed price.

For more information on how to become a Greenlinks member, call the freephone number 0800 2941113 between 9am – 1pm weekdays or visit www.valeofglamorgan.gov.uk/greenlinks

Notes:

The project has received funding through the Rural Development Plan for Wales 2007 -13 which is funded by the Welsh Government and the European Agricultural Fund for Rural Development, Administered by Creative Rural Communities, the council's rural regeneration initiative.

Flexible study options for Carers with the Open University in Wales.

Are you interested in improving your skills and qualifications? With funding from the Waterloo Foundation, the Open University are running a specific project in Wales aimed at carers.

The Open University offers part time supported distance learning. This means people can study from home (or anywhere else) and fit their studies around their caring and other commitments.

All our courses offer credits at Higher Education level and can count towards a degree or other qualification. Or you can study a single course which can directly link to skills development for work.

There are currently over 8,000 students studying with the OU in Wales and the OU has been voted top in student satisfaction surveys in Wales for the last 4 years.

Our team of Student Advisors provide a range of support for students studying with the OU in Wales, from initial information & guidance, financial and disability support and ongoing careers guidance.

We have a range of 20 week introductory courses in the following subjects: Making Sense of the Arts, Starting with Maths, Psychology, Understanding Children & Young People and Understanding Management. These Openings courses help to build

confidence and study skills and as well as a good introduction to the subject. They are ideal if you are new to formal study. Courses start twice a year in November (cut off for registration middle of October) and March (cut off for registration middle of February).

For more information please look at our website www.open.ac.uk/openings. Or call 02920 471170



There are over 500 other courses all linking to programmes of study from entry to postgraduate levels. There's something for everyone what ever your interest. For a full list and information about our courses please look on our website www.open.ac.uk/study

Most people who are on benefits or low incomes are eligible for FREE COURSES. We also have some bursary support available for carers.

For more information please phone our enquiry line: Tel: 02920 471170 or e-mail Wales@open.ac.uk

Please mention 'Carers project' when you contact us, so we can tell you about the extra help available through this project.

Stress Control Course

An open access stress control course run by Cardiff and Vale UHB is being held at Barry Boy's Comprehensive School, Port Road West, Barry, CF62 8ZJ Starts: Wed 25th September Time: 18:30-20:30.

For more information please telephone 02920 906210

First Aid Awareness course

If you would like to gain a basic understanding of first aid and sufficient skills to provide underpinning knowledge for QCF, the next course will be on 25 November 2013 and will be held between 13.15-16.30.

For more information please telephone 01446 704604 or visit: <http://training-programme.valeofglamorgan.gov.uk/>

The Marie Curie Cancer Care Hospice Cardiff and the Vale - Carer's Services

The hospice provides a range of services to support those that are caring for a person with a life limiting condition. We aim to support the person in their role as both carer and family member, recognising the impact that an illness can have on them both physically and emotionally. The services available to carers can be accessed through both the day therapy unit and the inpatient unit and are predominantly provided by the Social Work Team and the Complementary Therapists.

The social work provision involves a high level of emotional support; giving the person space and time to talk about how they are feeling in a safe environment. We recognise that providing the person with the opportunity to share their thoughts and feelings and reflect on their situation can be very helpful and they may feel able to talk about things that can be difficult with



loved ones. The social workers are also able to help with practical issues and give advice or signpost to other organisations as required.

There is a large team of complementary therapists who provide a diverse range of therapies from reflexology to aromatherapy and hypnotherapy. These treatments give the carer the opportunity to relax and unwind in a safe and comfortable environment.

As part of Carers' Week a day was held in the day unit for carers to come and meet others, have some complimentary therapies and have a go at dancing Bollywood style. The day was a great success and we hope to build on this.

If you would like more information about any of the services then please contact a member of the Social Work Team on 02920 426000

Launch of Welsh Government Strategy for Older People Phase 3:

The Deputy Minister for Social Services, Gwenda Thomas officially launched the third phase of the Older Peoples Strategy at the Pierhead Building Cardiff Bay on May 22nd 2013. The Strategy is a triad model of three elements: Social Resources, Environmental Resources and Financial Resources and will be driven from 2013 to 2023 by a number of action plans to support the needs of the over fifties in Wales. This follows the positive news that Wales has been awarded 3 stars the highest European award for innovation for its implementation of phase two of the strategy 2008 to 2013.

The Ageing Well Programme:

Running alongside the strategy is the Older Peoples Commissioner's Office and WLGA Ageing Well Programme. This programme incorporates four objectives: Age Friendly Communities, Dementia Supportive Communities, Preventing Falls and Fractures and at a later stage increased Employment and Training Opportunities. The Vale of Glamorgan Council are proud to report that we have signed up to the Dublin Declaration on Age Friendly Cities and Communities. Signing the declaration will ensure that the Vale is part of the Welsh network affiliated to the World Health Organisation Age Friendly initiative.

Benefit Advice – Carers Allowance and Council Tax Discount

Carer's Allowance

If you care for someone who is ill or severely disabled and you are not in full time work or study, you may get Carer's Allowance. You must care for them at least 35 Hours a week, and the person you care for must receive Disability Living Allowance (DLA), Personal Independence Payment (PIP), Attendance Allowance (AA) or Constant Attendance Allowance CAA). If you claim Housing Benefit the amount may be increased if you are paid Carer's Allowance so let the Council Benefits Office know.

Find out more at www.gov.uk/carers-allowance or phone 0845 6084321

Council Tax Discount

Council Tax is based on two adults living on a property. If there is only one occupier, Council Tax is reduced by 25%. If there are two adult occupiers and one of them is a carer this discount could still apply. This is called a carer discount.

In very limited circumstances a 50% discount can apply. This is where there are two carers in the property and the person being cared for is disregarded for Council Tax purposes.

To qualify for this discount you must:

- *Live with the person you care for*
- *Provide care for someone other than your partner or your child under the age of 18*
- *Provide care for at least 35 hours per week*
- *Care for a person who receives either the higher rate of care of DLA or PIP, or AA or CAA*

If you think you are entitled to a carer's discount please contact the Council Tax Office, tel: 01446 700111.

Caring Times wishes to thank Andrea James, Welform Reform Officer at Cardiff Council, for permission to use this information which is taken from, "Benefit and Advice Factsheet - A Guide for Carers".

Magnificent Seven for Carers!

Are you a carer? Confused as to what help and support is available?

This seven point guide will help you

1. Register for the Vale Council's carers' database to make sure you are kept fully up-to-date on the services, information and help that are available.
2. Check the Vale website for the latest information for carers, including: training courses, carers' events, welfare advice and cross links to appropriate support groups and service www.valeofglamorgan.gov.uk/carers
3. Contact Julia Preece, the Vale of Glamorgan Council funded Advocacy Worker. Julia offers free, confidential information, advice and support to carers. Telephone her on 02920 566171 or email reception@cvacarers.co.uk
4. Request a carer's assessment. Every carer is entitled to a carer's assessment provided you provide regular and substantial care, and you may be entitled to services to help you as a carer (although this is dependent on your level of need).
5. Register for the carer's emergency card (CEC). This is a joint project with Cardiff Social Services which helps plan for someone to be looked after if something unexpected happens to their carer. The CEC does not require an assessment.
6. Tell your GP practice that you are a carer. Many surgeries have a Carer's Champion or a point of contact for carers, and there can be benefits in joining your GP carer's register. Talk to your practice to see what help is available.
7. Tell other organisations you are a carer. For example you could receive Council Tax Discount (see page 7); you can be a companion as part of the concessionary bus pass scheme or you may wish to take advantage of the Vale's Passport to Leisure scheme (for more information on the later schemes contact OneVale on 01446 700111)

If you require more information or support that may be available to support you in your caring role, please contact: James Livingstone, Carers' Development Officer for the Vale of Glamorgan Council on: 01446 704604 or email: CarersServices@valeofglamorgan.gov.uk

Friendly AdvantAGE Project

Friendly AdvantAGE funded by the BIG lottery has now been operational for over 18 months. The project which aims to reduce loneliness and social isolation provides a variety of befriending opportunities for people including carers aged 50+ living in Cardiff and the Vale of Glamorgan.

Research suggests that over one third of carers will feel lonely and forgotten. It is well known that carers can suffer poor physical health. Loneliness is as responsible for premature death as smoking and obesity.

Loneliness is even more likely to have a significant impact on the mental health of carers. Over 60 % of adult carers report suffering mental health problems such as depression and anxiety due to the strain of caring.

If you are feeling lonely and you are over the age of 50 Friendly AdvantAGE has a range of befriending projects that might be able to help you. If you are an ex-carer and suffer from loneliness then you can still access our project or you might be interested in volunteering with the project. Please see below for details of how to contact the project.

- 'Let's Get Out' offers support to those living in Cardiff and the Vale of Glamorgan who would benefit from short term support to develop the confidence to increase their social networks and their participation in activities.
- 'Rural Connections' supports communities to set up activities in the rural areas of the Vale of Glamorgan. Community activities are currently delivered at the Reading Rooms in Bonvilston every Tuesday 10am-12 mid-day and Ewenny Village Hall every Wednesday 10am-12 mid-day. A drop in is available in Ogmore by Sea on the last Thursday of every month at 1.30pm-3.00pm. Age Concern Cardiff & the Vale of Glamorgan manages this and the Let's Get Out project.

- 'Getting on with IT' provides training to residents in care homes and tenants in sheltered housing to help them gain computer skills, build confidence levels, increase social interaction and reduce loneliness. The Vale Centre for Voluntary Services manages this model in Cardiff & the Vale of Glamorgan
- Dinas Powys Voluntary Concern Long Term Befriending project offers befriending to people living in the Dinas Powys area. Dinas Powys also runs a Monday afternoon community club that offers a range of activities. Dinas Powys Voluntary Concern manages this project.
- Scope's Disability Inclusion Project enables older disabled people (aged 50+) to access activities in Cardiff and the Vale of Glamorgan. Scope Cymru manages this model in Cardiff and the Vale of Glamorgan.

During the past 18 months Friendly AdvantAGE has delivered befriending services to 199 beneficiaries and 100% of those who have provided feedback to the project have said that they would use Friendly AdvantAGE again and recommend the Friendly AdvantAGE to friends and family.

Friendly AdvantAGE uses volunteers to deliver its services and to date over 100 volunteers have been recruited. Volunteers are provided with training and will need to undertake a Disclosure and Barring Service check.

If you would like to make a referral or are interested in volunteering please contact Sandra Roberts Project Manager or Cath Haines Project Assistant by email sandra@valecvvs.org.uk cath@valecvvs.org.uk or telephone 01446 741706.



Vaccinations for flu and Shingles

Seasonal Flu- Free for all Carers

What a different summer we have had this year, is it our payback for our long cold winter? As the days get shorter and the nights longer it is time for to start thinking about Flu Vaccination again. The up-take last year, in the Vale, for those in the over 65 years age groups remains above the Health Board and Wales average, unfortunately once again we do not have an accurate measurement for carers.

Did you know that every surgery has a Carers Champion and must maintain a Carers Register? Have you spoken to the champion at your surgery, if not ask the next time you visit the surgery. As we rollout this year's programme we are encouraging all surgeries to invite all carers on their register. If you have not received your invite by mid October contact the surgery. Remember all unpaid carers are entitled to receive a free flu vaccine. If you are employed as a carer please ask your employer where you can be vaccinated, as they are obliged to offer you this vaccine as part of their occupational health responsibility.

As well as ensuring you are vaccinated it is important the person you care for also receives their vaccination. Your surgery should either send an appointment or advise when flu clinics are being held.

Like last year a number of Pharmacies in the Vale will once again be offering flu vaccination, watch out in the local press to find out which Pharmacies are participating

Flu can be a very serious illness for anyone but especially for an elderly or vulnerable person. It can result in hospitalisation and long term incapacity. If you have ever spoken to anyone who has had "flu" they will tell you how terrible they felt. When you have "flu" you need to be in bed and it may take you several weeks to recover.

Remember that having your "flu jab" protects you, your family and the person you care for.



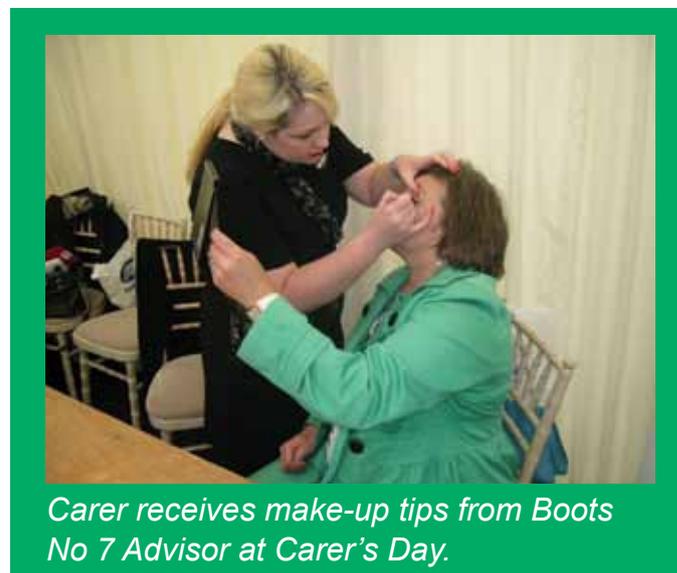
Shingles Vaccine for 70-80 year old

In June this year along with a number of changes to the childhood immunisation programme the Minister for Health announced the introduction of Shingles for those between 70 and 80 year this autumn.

Anyone who has had chickenpox, and at least 90% of us have, can develop shingles. It can be a very unpleasant illness and the risk of having shingles increases over 50 years. 1 in 4 of us will develop shingles and 20% will go on to develop complications, the most common being neuralgia (nerve pain).

The vaccine will be introduced gradually starting in September 2013 when 2 year groups between 70 and 80 years will be called for, it may be those 70 and 79 or those 78 and 79 years, the final decision has yet to be made. Watch out in the surgery for notification of the introduction of this programme and clarification as to what age groups will be offer vaccination.

**Nuala Mahon, Immunisation Co-ordinator,
Tel 02920 350625**



Carer receives make-up tips from Boots No 7 Advisor at Carer's Day.

Chronic Condition Self-Management Programme/ Looking After Me – Courses for Carers

If you are a Carer for a friend or relative and recognise any of the following symptoms: Stress • tiredness • pain • tense muscles • depression • shortness of breath • difficult emotions • anxiety

You may be interested in either joining a group for 2½ hours each week over 6 weeks or, a one-off 3hour course, to help with these symptoms.

The next six week Carer's Health and Wellbeing (6 week) course is at: **Albert Road Community**

Hall, Penarth from Tuesday 7 November 2013 to 12 December 2013, 13.30pm until 16.00pm

The next An Introduction to Self-Management (3 hour) courses are:

Llantonian Hall, Llantwit Major Thursday 19 September 2013 13.30pm to 16.30pm

Barry Library, Friday 25 October 2013, 10.00am until 13.00pm

Courses are led by trained tutors who live with a health condition or who care for someone with a health condition. For further information or to book a place on a course contact EPP Cymru on **02920 556028** (please note this new telephone number).



FREE
Health and well being course

Crossroads in *'Race for Life'*

**GOFAL
CROES
FFYRDD**
Caerdydd a'r Fro

**CROSS
ROADS
CARE**
Cardiff & the Vale

Seven members of office and care staff from Crossroads (Cardiff & The Vale) Ltd took part in the Race for Life on 23 June 2013 in Bute Park, raising £600 for cancer research.

Crossroads (Cardiff & The Vale) Ltd, based in Fairwater, Cardiff, recently acquired The Carers' Centre for Cardiff & The Vale. Their other projects include Lean-on-Me (a mental health respite service), services and support for Young Carers (aged between 7 and 25 years), and domiciliary care. The recent purchase of an adapted vehicle will allow carers to be able to go on outings with their loved ones if they are wheelchair users.

Our next event is a Macmillan Coffee Morning on Wednesday 4 September 2013 from 10 am – 12 noon, to be held at The Carers' Centre in Norbury House, Norbury Road, Fairwater. All welcome for coffee / tea, and homemade cakes.



For more information on Crossroads' services, contact Lee or Mary on 029 2057 7300, or email mary@cardiffvalecrossroads.org.uk. For The Carers' Centre, contact 029 2056 6171, or email reception@cvacarers.co.uk

Age Concern



If you are aged over 50 and need any information or support. We might be able to help you. Age Concern are starting a new Coffee, Chat and Information session.

1.30pm – 3pm Franklins Café, Main Rd, Ogmore by Sea. Future dates: Thursday 26 September, 31 October, 28 November. For more information call

Jane Platts, Rural Connections Coordinator on 01446 795631 or email: Jane.platts@age-concern-cardiff.org.uk

End of Life Care, Assisted Dying and the NHS: A Public Debate, 13th June 2013

The Vale 50+ Strategy Forum supported by Vale of Glamorgan Council, hosted a memorable evening to bring to the public a burning issue in our society which has a particular relevance for older people in the last stages of their lives. An expert panel vigorously debated the issues from a range of perspectives followed by a question and discussion session with the audience of sixty one delegates. The proceedings were ably chaired by Wendy Bourton OBE, the Chair of the National partnership Forum the Welsh Ministerial Advisory Group for older people.

Dr Richard Hain, a consultant in paediatric palliative care and chair of the ethics committee at Cardiff and Vale University Health Board argued against an inevitable slippery slope if assisted dying was legislated for.

This view was extended by Baroness Finlay, a consultant at Velindre Cancer Centre and a Professor of palliative care, who posed the problem that it was impossible to predict when death would occur.

Professor Phil Fennell, of Cardiff University Law School, presented the current state of the law on assisted dying in the UK, and argued his belief in freedom of choice.

Paul Badham, Professor Emeritus of Theology and Religion, University of Wales, Trinity St David, and a patron of Dignity in Dying, drew attention to the religious dimension of the issue and outlined a case for the theological sanction of assisted dying.



Vale50+ Strategy Forum upcoming events:

The Vale 50+ Strategy Forum in partnership with Cardiff Forum will have a stall at this year's Lesbian Gay Bisexual and Transgender Mardi Gras on Saturday 31st August 2013 in the Millennium Stadium, Cardiff.

The forum will be celebrating International Older Peoples Day with a fun wellbeing day on or around the 1st October 2013. We will be

holding the event at a venue in Llantwit Major, details will be available closer to the event from John Porter Older Peoples Coordinator 01446 450201 jporter@valeofglamorgan.gov.uk If you are interested in attending, having an information stall at no charge or running a workshop for free, please contact John.

150 new children signed up to the Disability Index

- Do you have a child with additional needs?
- Are you unsure what services and activities are available to you and your child?



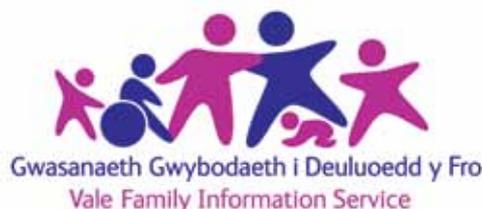
By adding your child to the Index, you will receive our quarterly newsletter 'the index', packed full of information on playschemes, events, groups, benefits and much more.

You can also contact the Index Administrator if you would like specific information, for example a particular sports club that can cater for your child's needs, or an enquiry about your child's education.

The Index has grown since its re-launch in April last year and 150 new children have now signed up to it. It's also a way of departments such as social services, health and education, being able to plan their services for children with additional needs more effectively.

The Index is completely voluntary and confidential. You can find out more information on our website: www.valeofglamorgan.gov.uk/disabilityindex or please contact Rhian Phillips, Index Administrator, Tel: 01446 704736. e-mail: disabilityindex@valeofglamorgan.gov.uk

New directory of services for children with additional needs



The Family Information Service (FIS) has developed their Family Support Directory, to include a specific section on services, groups and activities for children with additional needs. You can search for local services and activities, as well as national organisations. The Family Support Directory is available on the FIS website and on the Disability Index pages: www.valeofglamorgan.gov.uk/fis or Tel: 01446 704704

And finally....

If you have not already done so, please tell us your language preference for Welsh or English so we can send you future newsletters tailored to your individual preference.

We would welcome any articles/ideas/suggestions you would like to contribute to future editions of Caring Times. Please ring on 01446 704604 or email: CarersServices@valeofglamorgan.gov.uk